

**Exhibit H****BMI Calculator:Harris Benedict Equation**[Ads by Google](#)[Adult BMI Calculator](#)[Calculator Metabolism](#)[Body Weight Calculator](#)[Calculator RMR](#)

The **Harris Benedict Equation** is a formula that uses your BMR and then applies an activity factor to determine your total daily energy expenditure (calories). The only factor omitted by the Harris Benedict Equation is lean body mass. Remember, leaner bodies need more calories than less leaner ones. Therefore, this equation will be very accurate in all but the very muscular (will under-estimate calorie needs) and the very fat (will over-estimate calorie needs).

First, determine your BMR using our BMR Calculator or our BMR Formula.

## **How To Sleep More** - Over-The-Counter Remedies May Not Be Enough: Learn About A New Option [www.SleepMedication.Info](http://www.SleepMedication.Info)

[Ads by Google](#)**Harris Benedict Formula**

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) : Calorie-Calculation = BMR x 1.2
2. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = BMR x 1.375
3. If you are moderatetely active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = BMR x 1.55
4. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = BMR x 1.725
5. If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = BMR x 1.9

**Total Calorie Needs Example**

If you are sedentary, multiply your BMR (1745) by 1.2 = 2094. This is the total number of calories you need in order to **maintain** your current weight.

Once you know the number of calories needed to maintain your weight, you can easily calculate the number of calories you need to eat in order to gain or lose weight:

- Calorie intake to gain weight
- Calorie intake to lose weight

**Resources**

BMR Formula  
Calorie intake to gain weight  
Calorie intake to lose weight  
Recommended Daily Allowance  
Underweight Treatment  
Overweight Treatment  
Obesity Treatment

**Calculators**

BMI Calculator  
BMR Calculator  
Body Fat Calculator  
Waist to Hip Ratio Calculator

**10 Rules of Fat Loss**

Lose 9 lbs. Every 11 Days. Learn these 10 Rules.  
FatLoss4idiots.com

**Calories Per Day**

Find Free Info On The Ideal Calorie Intake Per Day Suited For Your Age!  
Blurtit.com

**Bmi Calculator**

Compute your personalized fitness stats including Body Fat & BMI.  
www.tvillage.co.uk

**Calorie Needs Calculator**

The Diet And Weight Loss Authority. Find Calorie Calculators Quickly.  
CalorieCalculators.DietNation.com

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